



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcomission.org Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

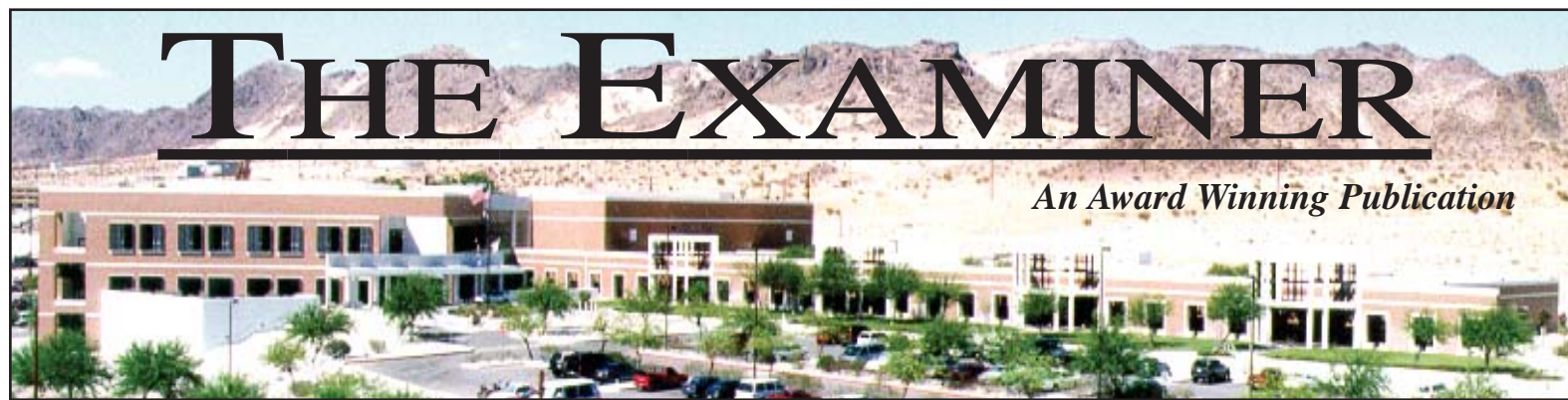
To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2764
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 78250 MAGTFC
Twentynine Palms, CA 92278-8250

THE EXAMINER

An Award Winning Publication



<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

Hospital, VA Partner to Serve Those Who Have Served

By Dan Barber
Public Affairs Officer
Robert E. Bush Naval Hospital

Recently the Director of the Los Angeles Veterans Administration, Mr. Dennis Kuewa visited the leadership of the Naval Hospital here.

According to Kuewa the purpose of his visit was to discuss the processes of the Integrated Disability Evaluation System (IDES).

"We have been at this now for over a year and things have been working well, but as with everything else we just want to see if there are areas where we can improve, or look at where things have been going well," Kuewa said. "I would say managing timeliness for the Marines that are in the IDES program at Twentynine Palms has been challenging at times, especially for the folks stationed up a Bridgeport," Kuewa pointed out.

This year there have been 75 members here at the Combat Center enrolled in IDES with an average processing time of 89 days.

One of the problems for members at the Marine Mountain Warfare Training Center at Bridgeport, Calif., is the challenge they have in getting to medical appointments at the Reno Medical Center in Nevada. "The Chief of Staff for the Secretary [of the Veterans Administration] has had us zero in on the problem," Kuewa said. "When I explained the challenges that those Marines had in just trying to get to the Reno Medical Center, and what we [Veterans Administration] were

doing to coordinate with Reno, he was pleased to learn that folks who were stationed at posts that far from the mother base were still being taken care of."

Captain Jay Sourbeer, commanding officer, Naval Hospital Twentynine Palms said, "We've made trips up to Bridgeport, and I'm always amazed at how remote it is." He added, "That kind of sums up the whole issue for us, how to get people to appointments and what can we do to make that more practical?"

One of the issues that Sourbeer mentioned was trying to get a contractor to provide local general medical and mental health appointments for members enrolled to the IDES program.

"To that end I was brain storming with my staff the other day, we came up with a couple of things that I think are already on-going initiatives, but they are things that I want to make sure are brought to your attention. One was the QTC company has an interest in coming here to provide general medical and mental health visits," said Sourbeer.

QTC is a private provider of Department of Veterans-out-sourced occupational health, and injury and disability examination services. Their corporate offices are located in Diamond Bar, Calif.

Kuewa was very receptive to that plan, but he mentioned the hospital's space issues. He also pointed out that these providers would also need access to diagnostics such as laboratory and radiology.

Sourbeer responded, "We are tight on space, but this is important, when we set our priorities



Captain Jay Sourbeer, left, Commanding Officer Naval Hospital Twentynine Palms greets Mr. Dennis Kuewa, right, Director Los Angeles Veterans Administration Director as Mr. Edward Croft, also with the VA, looks on.

this is going to be a priority for our space, so we can make it happen."

"The second point I would like to bring up is the ancillary services, the lab and x-ray. When we looked over the reasons for the delay for some of our patients, some of it was the

distance that they had to travel... like driving to Los Angeles just to get a lab drawn," said Sourbeer. "One of the ways that we talked about to make it easier for our patients is if we can get a local contractor to provide

Continued on page 7

Patients seen in August -- 13,056

Appointment No Shows in August -- 919

In August we had a 6.6 percent no show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out.

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

Tis the Season for Cold and Flu Prevention

*By Martha Hunt, MA CAMF
Health Promotions Coordinator
Robert E. Bush Naval Hospital*

It may still be warm out, but cold and flu season is right around the corner so get ready to fight off infection.

Colds and flu are the leading cause of visits to the doctor, leading cause of school absenteeism for children and the leading cause of missed work for adults.

What are the symptoms of colds and flu? How can you tell which you have? Cold symptoms include sneezing, scratchy and sore throat, mild cough, and runny nose. Most people recover from colds in two days to three weeks. Flu symptoms include chills, headache, dry cough, body aches, and fever. After a few days, you can also develop nasal congestion and a sore throat.

How do you catch a cold or the flu? Cold viruses are mostly spread by direct contact. For example, a person with a cold may touch their face or nose, spreading a little mucus onto their hands. This person then transfers the virus to another person by shaking hands or touching them. This newly infected person then touches their nose or mouth and this allows the virus to enter their body. The person with a cold can also touch surfaces such as doors or desks and leave those mucus droplets on the surface for someone else to find and become infected.

The flu virus is spread in the air. If a person with the flu sneezes, coughs, or speaks, the air is filled with small droplets of mucus that contain the flu virus. Then you breathe this contaminated mucus filled air and become sick with the flu.

How can you protect yourself

from other people's colds and flu? Wash your hands. Use soap and warm water. Wash all of your hand surfaces, including your wrists, and wash for at least 10 seconds. Use the towel to turn off the water faucets so you don't re-contaminate yourself with cold and flu viruses that are sitting on the water taps.

Cover your nose and mouth when you sneeze and cough. Didn't your Mom teach you this as a kid? Well, she was right. Covering your mouth and nose when you sneeze or cough prevents you from giving your flu or cold to someone else. Coughing into a tissue or into your sleeve instead of the palm of your hand prevents you from spreading your cold or flu with your hands.

Clean and disinfect high traffic areas in your home. The kitchen, bathroom, and kids

areas are high contamination areas in your home. By keeping them clean and disinfected, you kill most of the viruses causing the flu.

An easy to make disinfecting solution is one quarter cup of bleach in one gallon of warm water. However, if using a bleach solution on children's toys, use only one tablespoon of bleach in one gallon of water. Remember. Never mix bleach and ammonia as a cleaning solution as this creates poisonous vapors.

There is no cure for a cold or the flu but many over the counter medications may help relieve symptoms. Ask the pharmacy or your primary care provider for more information.

Suggestions for treating a cold or the flu:

- * Get plenty of bed rest
- * Drink lots of fluids
- * Take a safe pain reliever for

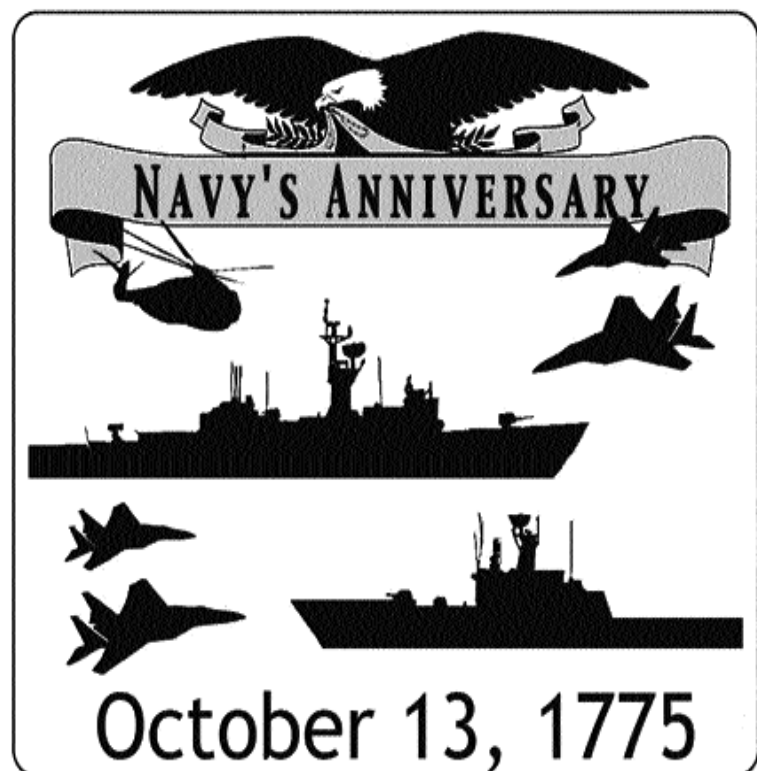
headache and fever. Always ask a health care provider before giving any pain medication to children under the age of 20 years.

* Use over the counter medications for congestion, cough or nasal discharge

* For flu, a flu vaccination can help prevent flu or lessen the severity if you do get it.

* Taking large doses of Vitamin C has never been proven to help prevent colds or the flu. In fact, taking too much of any vitamin or supplement can be harmful. Ask the pharmacy about safety of any vitamin or supplement before taking it.

The best way to prevent getting a cold or the flu is by basic good hygiene. Your mom told you to cover your mouth and wash your hands for a reason - so you would be healthier and happier.



Happy Birthday Navy

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October is Domestic Violence Awareness month... What is emotional abuse?

By Martha Hunt, M.A. CAMF
Health Promotion and Wellness
Robert E. Bush Naval Hospital

October is Domestic Violence Awareness month. Emotional abuse is often an overlooked as a form of domestic violence. Verbal and emotional abuse can be just as painful and can take more time to recover from than physical abuse.

Domestic violence is also referred to as Intimate Partner Violence (IPV).

An estimated 5.3 million U.S. women are victims of IPV each

year. This results in nearly 2.0 million injuries, of which more than 550,000 require medical attention. In addition, IPV victims also lose the equivalent of more than 32,000 full-time jobs because of the violence.

According to the Center for Disease Control (CDC) - National Intimate Partner and Sexual Violence Survey - intimate partner violence is a major public health problem in the United States. The survivors can experience physical injury, depression, anxiety, low self-esteem, and suicide attempts. They can also experience physi-

cal health problems such as gastrointestinal disorders, substance abuse, sexually transmitted diseases, and pregnancy complications.

For more information to help yourself or a friend, you can contact the Family Advocacy Program at (760) 830-6345. You can also call the Domestic Violence National Hotline at 1-800-799-7233 for information about local services available to you.

These are some examples of emotional abuse. Does your mate ever ignore your feelings, disrespect you, ridicule or insult

you then tell you it is a joke, or that you have no sense of humor? Does your mate ridicule your beliefs, religion, race, heritage or class?

A very clear sign of emotional abuse is when your spouse criticizes you, calls you names, yells at you, or humiliates you privately or in public. Do prevent you being with your friends or family? Does your spouse make you socialize just to keep up appearances?

Do they seem to get pleasure by fighting just so they can exhaust you so you give in to what they want? Does your

mate have unpredictable mood swings, alternating from good to bad for no apparent reason and then present a wonderful face to the world and is well liked by outsiders? Do they twist your words, somehow turning what you said against you? Does your mate try to control decisions, money, even the way you style your hair or wear your clothes?

Has your mate ever threaten to hurt you or your family or hurt your pets or abused something you love: a pet, a child, or an object? Have they ever hit or pushed you, even "accidentally?" Do they seem to stir up trouble just when you seem to be getting closer to each other?

Does your spouse destroy furniture, punch holes in walls, break appliances or drive like a road-rage junkie? Do you ever feel like damned if you do, damned if you don't? Are things worse when your mate is drunk?

Your situation is critical and you need to get help if the following applies to you. Do you express your opinions less and less freely? Do you find yourself walking on eggshells? Do you find yourself making excuses for your partner's behavior?

Do you feel unsafe or afraid? Do you doubt yourself or feel powerless? Are you afraid of your partner or has he or she ever physically hurt you, even once?

If you feel your relationship may be verbally and emotionally abusive, talk to people you trust. Seek professional help. Do not allow verbal and emotional abuse to become physical violence. Remember, emotional abuse always leads to physical abuse.

Mobile Phone Security, Bluetooth Technology

By Tim Smith
IT Specialist
Robert E. Bush Naval Hospital

Hundreds of mobile phones are stolen in the United States everyday.

Have you ever wondered why the phone companies don't seem at all interested in trying to prevent the thefts from occurring?

If you have lost or had one stolen you still have to pay your monthly charges for the duration left on your plan. Some plans have contracts up to 24 months or you can terminate the plan early for a "small" fee to your mobile provider. Now, you have to buy another handset, probably

enter into a "new" contract and pay the provider the disconnection fee and then the activation fee for your new phone. That's why they don't tell you, they'll lose revenue.

Here is something proactive you can do if you have a mobile phone.

Every phone comes with a unique serial number code called the International Mobile Equipment Identity (IMEI). The IMEI can be displayed on most phones by keying in the code star-hash-zero-six-hash (* # 0 6 #) or by looking in your phone battery compartment area.

Following the code entry, a fifteen digit code will appear on the screen of most phones. This

code is unique to every handset. Write it down and keep it in a safe place. Don't store it in a message in your phone. Should your mobile phone get lost or stolen, you can phone your mobile service provider and give them this code. They will then be able to block your handset, so even if the thief changes the SIM card inside, your phone will be totally useless to them and probably end up on eBay soon for auction.

You probably won't get your phone back, but at least you know that whoever stole it can't use it. If everybody did this, there would be no point in stealing mobile phones, right?

Most modern phones come with a technology called Bluetooth. Bluetooth wireless technology provides an easy way for a wide range of devices to communicate with each other and connect to the Internet without the need for wires, cables and connectors.

A variety of products available on the market have short range Bluetooth radios installed. These devices include printers, laptops, keyboards, cars and the most popular type of Bluetooth enabled devices - mobile phones, which drives 60 percent of the Bluetooth market.

The idea of Bluetooth technology was born in 1994 by Ericsson Mobile Communications. Later in 1998, an industry association was founded which consisted of the following major corporations; Ericsson, IBM, Intel, Nokia and

Toshiba. Later in December 1999, 3Com Corporation, Lucent Technologies, Microsoft Corporation and Motorola Inc. joined the Bluetooth Special Interest Group (SIG). After years of development, the final Bluetooth technology uses the free and globally available 2.4GHz radio band. Bluetooth technology is intended to be secure by providing authentication, encryption, quality of service (QoS) control and other security features. However, it has been shown that Bluetooth technology is vulnerable in a number of ways, opening the door for many malicious attacks now and in the future.

The most common uses of Bluetooth technology are;

* Using a wireless headset to answer your phone that is in your bag or purse.

Continued on page 6

Medical Shuttle Service For Active Duty Members

Transportation will be provided to Naval Medical Center San Diego (Balboa) and Naval Hospital Camp Pendleton for all Marines and Sailors.

- Shuttle will run on Tuesdays and Thursdays. Due to limited resources at this time, please ensure your appointments are scheduled between 9 a.m. and no later than 2 p.m.

- All runs will depart at 5 a.m. from the Marine Corps Air Ground Combat Center (MCAGCC) base theatre.

- Coordinate appointments through the G-4, MCAGCC Medical Shuttle Service Office (Cpl Roger Moorow, email: roger.moorow@usmc.mil phone number: 760-830-4237 or Naval Hospital Twentynine Palms Marine Liaison, SSgt Joseph Saunders, email: Joseph.Saunders@med.navy.mil phone number: 760-830-2189)

- Requests must be turned in by noon one week prior to your appointment date.

Note: Departure time may be adjusted according to appointment time.

Super Stars...



Elisa Allen, Fiscal, receives a Letter of Commendation.



HN ZeUSDexer Cabelin, Maternal Infant Nursing, receives a Flag Letter of Commendation.



Lt. Carolyn Lehman, Multi-Service Ward, receives a Letter of Commendation.



CS2 Shawn Hanley, Combined Food Ops, takes the oath at his recent reenlistment ceremony.



Stephen Crowder, Physical Therapy, receives a 10-year Federal Length of Service Award.



Beverly Enos, Fiscal, receives a Letter of Commendation.



Paul Dewaard, Deployment Health, receives the "Fish" award as voted for by his co-workers.



HN Jeffrey Fleming, Pharmacy, receives his first Good Conduct Award.



Lt. Cmdr. Adrian Gaskin, Director, Clinical Support Services, receives the Meritorious Service Medal.



HM3 Robert Martinez, Multi-Service Ward, receives a Flag Letter of Commendation.



LS1 Gary Martinez, Materials Management Dept., is piped ashore at his retirement ceremony. Martinez served honorably in the United States Navy for 20-years.



Lt. Todd Hlavac, Adult Medical Care Clinic takes the oath at his recent promotion ceremony to Lieutenant Commander.

Family Readiness Inaugural Event



Left to right, Steph Autry, Tim Ooms, Command Ombudsman and Bob Gantt members of the Naval Hospital Twentynine Palms Family Readiness Group celebrated its first event on Thursday evening. Hosted by Mrs. Shelly Sourbeer, members of the command shared deserts, stories, and laughter. October Family Readiness Group events include assembling care packages for our deployed heroes and a Halloween cup cake sale. Free membership into the Family Readiness Group is open to all command affiliated staff and their families. For more information, please contact the Family Readiness Group at frg29p@yahoo.com.



Lt. Robert Scherl, Branch Health Clinic Bridgeport, is welcomed home from his deployment to Afghanistan, by Captain Cynthia Gantt, Executive Officer, Naval Hospital Twentynine Palms.



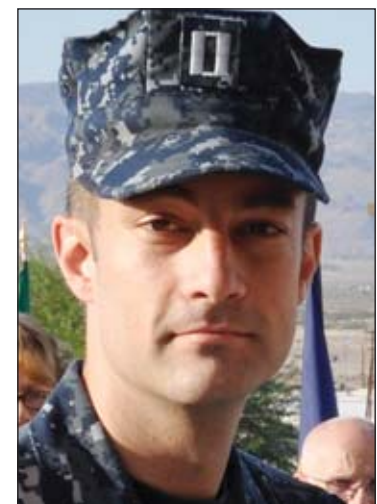
CS2 Luis Sanchez, Combined Food Ops., receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal.



HM2 Steven Tan, Laboratory, receives a Gold Star in lieu of his second Navy and Marine Corps Achievement Medal.



Richard Traynor, Facilities, receives a 30-year Federal Length of Service Award.



Lt. James Barlow, Head, Staff Education and Training, receives a Letter of Commendation.

TRICARE Keeps Cholesterol Levels in Check

By Kristin Shives
TRICARE Management Activity

Everyone has heard the saying, “too much of a good thing can be bad.” The saying holds true for cholesterol levels. The body produces all the cholesterol it needs, but depending on a person’s diet, cholesterol can soar to dangerous levels putting them at risk for heart disease. Cholesterol is a waxy, fat-like substance produced by the body, that is also found in many foods. Too much cholesterol in the blood can contribute to the

buildup of cholesterol on the walls of arteries. This buildup of fatty deposits and other items known as plaque can reduce the flexibility of arteries. Over time, plaque causes them to become narrow and blood flow to and from the heart to decrease and at times become blocked, says the U.S. Department of Health and Human Services. The Centers for Disease Control and Prevention (CDC) recommend having a blood test called a “lipoprotein profile,” also known as a lipid panel, to check cholesterol levels. TRICARE covers a lipid panel once every five years beginning at the

age of 18. A lipoprotein profile is a blood test measuring total cholesterol, low-density lipoprotein (‘bad’ cholesterol or LDL), high-density lipoprotein (‘good’ cholesterol or HDL) and triglycerides, another form of fat in the body. This information can determine whether or not cholesterol is in the right range and what actions are needed. Treatment for high cholesterol begins with lifestyle changes, but is often treated by combining lifestyle changes and prescription medications from a health care provider. According to CDC, there are several types of drugs available to lower cho-

lesterol including statins, bile acid sequestrants, nicotinic acid, fibric acids and cholesterol absorption inhibitors. Treatment goals include lowering the LDL level, raising the HDL level and reducing the risk of developing heart disease or having a heart attack. Several factors affect cholesterol levels including diet, weight, physical activity, age, gender and heredity. CDC lists several ways people can maintain lower cholesterol levels through lifestyle changes including:
Eat a healthy diet
Maintain a healthy weight

Exercise regularly
Don’t smoke
Treat high cholesterol
Beneficiaries should pay attention to nutritional information located on food labels including cholesterol and saturated fats content in foods and strive to keep their cholesterol levels in the healthy range. To learn more on TRICARE cholesterol testing coverage go to www.tricare.mil/coveredservices. More facts and resources about lowering cholesterol can be found at www.cdc.gov/cholesterol.

Mobile Phone Security...

Continued from page 3

- * Connecting printers, keyboards and mice to a PC without the need for wires,
- * Syncing your calendar, address book and other files with your PC
- * Transferring ring tones, files, music and pictures from mobile to mobile.

Bluetooth is constantly being examined by industry leaders to provide for updates to the technology, added security, faster speed, made more cost effective and providing additional features. This awesome technology and convenience does come with a price. It can be socially engineered using trickery on the victim or the term more often used and understood- Hacked. Which means, your private data and

possibly the private data your friends and family entrusted you with, could be shared on the Internet. Here’s something you can do to be more secure with Bluetooth technology - Turn it off. I know that sounds very simple but, the majority of Bluetooth users leave the darn thing on all the time. They’re just waiting to be hacked aren’t they? Unemployed hackers want to meet them. You can also turn off the Bluetooth discovery mode. When the discovery mode is turned off, your device is not listed in the Bluetooth scan unless you previously gave the address of your device to someone. When the discovery mode is

on, it is visible to other devices. It is super-easy for anyone to connect to your device and, in lieu of a strong pass-phrase, download your personal data

...Whatever you do, I do not recommend you give your private information to Paris Hilton or to her Sidekick-II...

and the data of all the contacts in your little black book, all without your knowledge. You must realize this scale of vulnerability. Just imagine what

would happen if someone hacks your mobile phone and, using your phone, sends an SMS message with a bomb threat to the local police station. The billing records from your mobile phone provider would certainly point directly to you as the phone owner and the real sender of the SMS message. It would be nearly impossible to identify the real sender, since mobile phones usually do not keep logs of the Bluetooth activity. This is what is known as turning your mobile phone into a Bot (robot), just like hackers do with Personal Computers they infect. Remember, your device is the one doing the damage and you will be held responsible unless, “you can prove otherwise in a court of law.” Imagine going to prison for a crime you did not commit. Whatever you do, I do not rec-

ommend you give your private information to Paris Hilton or to her Sidekick-II. Her notebook, and her address book, which has had such high profile entries such as: Christina Aguilera, Devo Aoki, Fred Durst, Jermaine Dupri, Vicki Gotti, Stephen King, David Lachappelle, Avril Lavigne, Lindsay Lohan, Bijou Phillips, Ashlee Simpson, Twiggy, Usher, Tim Smith :) and Vin Diesel, was not hacked by a Technology hacker. It was broken into by someone due to an insecure password -- The name of her dog. HELLO, anyone home? This further substantiates the use of a “pass-phrase or acronym” rather than a password and to implement complexity (e.g. use @ for an a, \$ as an S, 3 for an E; you get it?).

VA Fills First Phase of Veteran Retraining Program

Department of Veterans Affairs News Release

WASHINGTON, Sept. 20, 2012 -- The Veterans Affairs Department has approved applications for all 45,000 slots available in fiscal 2012 under the Veterans Retraining Assistance Program and is in the process of approving applications for 54,000 slots available in fiscal 2013, VA officials announced today.

"The surge of veterans applying for VRAP demonstrates this program's importance to provide unemployed veterans the opportunity to find employment in high-demand fields," VA Secretary Eric K. Shinseki said.

VRAP is a new training and education program for unemployed veterans who want to

upgrade their skills for high-demand jobs. The goal, officials said, is to train 99,000 Veterans over the next two years in more than 200 job skills that the Labor Department has determined are the most sought-after by employers.

The program allows qualifying veterans to receive up to 12 months of education assistance equal to the current full-time Montgomery GI Bill active duty rate of \$1,473 per month. Starting Oct. 1, the monthly rate will increase to \$1,546.

To be eligible for VRAP, a veteran must:

-- Be 35 to 60 years old, unemployed on the day of application, and not dishonorably discharged;

-- Not be eligible for any other VA education benefit program such as the Post-9/11 GI Bill,

Montgomery GI Bill, or Vocational Rehabilitation and Employment;

-- Not be enrolled in a federal or state job-training program within the last 180 days; and

-- Not receive VA compensation at the 100 percent rate due to individual unemployability.

"We're gratified that 45,000 unemployed veterans can begin the retraining they need to compete for in-demand jobs," said Allison A. Hickey, VA's undersecretary for benefits. "We're going to maintain the momentum of our outreach to make sure we get the maximum of 54,000 veterans retrained in fiscal year 2013."

Officials said veterans approved for VRAP are encouraged to enroll as soon as possible and begin training full-time in a VA-approved program of

study at their local community college or technical school. The program of study must lead to an associate degree, a noncollege degree or a certificate for a high-demand occupation as defined by the Labor Department.

High-demand job training programs veterans pursued in fiscal 2012 include computer support specialist, general and operations manager, business opera-

tions specialist, and heating, air conditioning and refrigeration mechanic and installer, officials said.

Hickey noted that continued outreach on VRAP is particularly important, because the program applies to a segment of the veteran population that may not have regular interaction with VA or stay informed about the benefits and opportunities for which they may qualify.

Hospital, VA Partner...

Continued from page 1

those ancillary services."

Kuewa stated that he will make another road trip here to Twentynine Palms with Mr. Joe O'Brian the Chief of Operations at QTC to make a site visit to find out what's needed and to find local civilian providers who might be interested in signing on to provide necessary services for the Marines and Sailor assigned here.

Kuewa also announced that the VA has a vocational rehabilitation program... for any veteran with a service connected disability of 20 percent or higher, sometimes a 10 percent disability rating could make the mem-

ber eligible for an a program of vocational rehabilitation as another component of IDES.

The goal is to start the active duty in the program who has been rated through the IDES program into the vocational program before their discharge.

What this program involves is mostly guidance counseling, testing to map out a plan that can be started with the member's local VA... making sure everything is done before they get home, so they can start the program at their home immediately after discharge.

The Transitional Assistance Program (TAP) has a counselor

come up here once a month from the Loma Linda Veterans Administration to provide a briefing to members about the program.

According to Kuewa the VA is expecting approval to hire a vocational/rehabilitation counselor full time for the Marine Corps Air Ground Combat Center. This VA rep will be able to help active duty members find various VA programs they can apply for online before they are discharged to home.

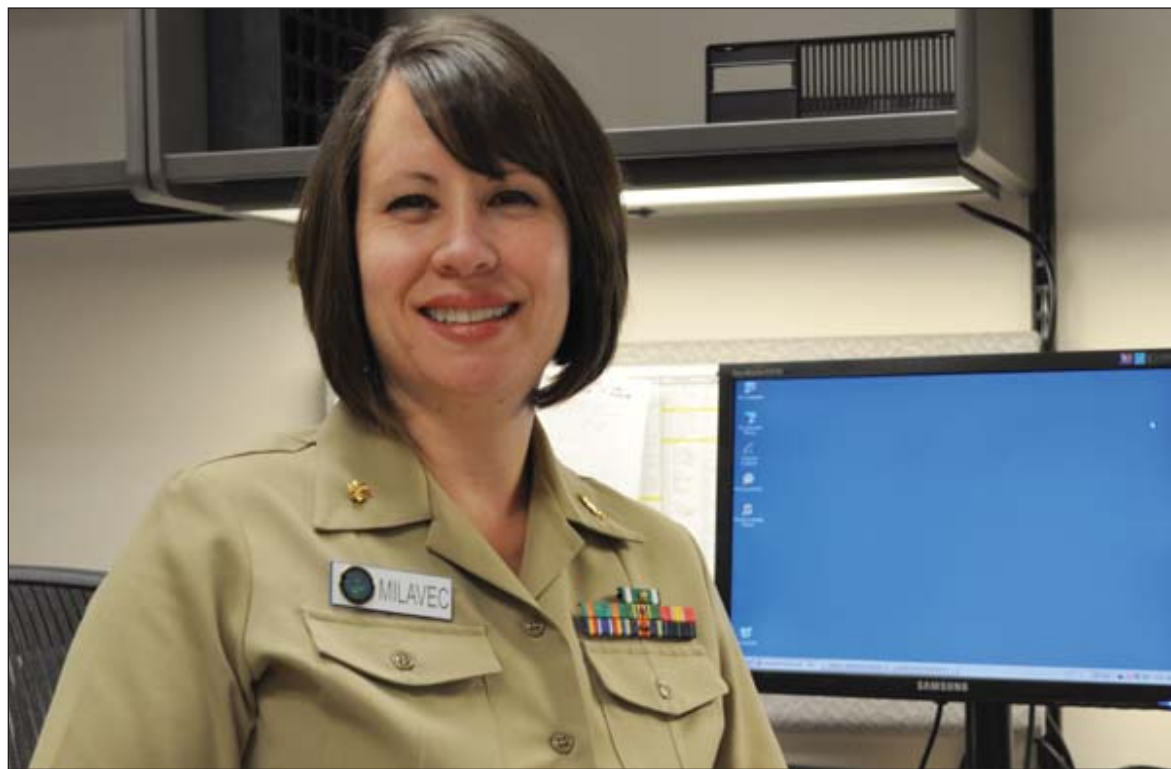
Since January 2011 all Medical Boards at Naval Hospital Twentynine Palms are conducted using the IDES Program to better serve the Marines and Sailors stationed here.

Seasonal Flu Shots Available at Naval Hospital

Flu shots and the flu mist will available Oct. 9-11 and Oct 16-17 and Oct. 30 and Nov. 2 from 7:30 a.m. to 3 p.m., Flu Shot Clinic will open at 7:30 a.m. and stay open until 6 p.m. Oct. 19, 23 and 26.

Eligible family members should enter near the Family Medicine Clinic at entrance C. Screening by medical personnel will determine who gets the shot or mist.

Introducing the Director of Clinical Support Services



The Robert E. Bush Naval Hospital has a new Laboratory Department Head and a Director, Clinical Support Services (DCSS), Lieutenant Commander Stacie Milavec, Medical Service Corps.

This tour of duty is the second for Milavec at this command.

Milavec was born in Washington, D.C. but considers Wheaton, Maryland has her home town, which can be considered a suburb of the Nation's Capitol, where she graduated from "The home of the knights" Wheaton High School in 1990.

While in high school she participated in varsity basketball as a guard, varsity field hockey, and pitched on the varsity fast-pitch softball team. She also

played on several county recreation basketball and softball teams.

If she wasn't already busy enough she also tapped-danced and studied ballet for ten years and studied and competed in Tang Soo Do and Jujitsu for seven years.

Following high school she entered the University of Maryland at Baltimore, School of Medicine where she graduated in 1995 with honors (5th in her class) and a Bachelor of Science in Clinical Laboratory Science degree.

Milavec has been recognized academically in Who's Who in American Colleges and Universities, 1995 and in the same year was inducted into the Phi Kappa Phi National Honor

Society as a life member.

In 2008 she graduated from Concordia University Wisconsin with a Masters in Business Administration with an emphasis in Healthcare Administration.

Milavec reported to Naval Hospital Twentynine Palms as an Ensign in December 1999, five months before the building was rededicated to World War II hero, Robert E. Bush. She served as the Laboratory Division Officer from December 1999 to November 2002.

She was commissioned in the United States Navy on November 4, 1999 by her grandfather Lt. Cmdr. Edward P. Van Hise, a retired World War II aviator. He was attached to the USS Fanshaw Bay, CVE-70,

Flagship of Task Unit 77.4.3, Taffy III, and COMCARDIV 25. Van Hise flew Hell Cat, Wild Cat, and Corsair aircraft. He fought at the Battle of Leyte Gulf, Philippines (the largest battle of WWII) and the Battle of Siapan in the Mariana Islands.

Milavec said she joined the Navy because, "I wanted to do something bigger and better than what I was doing as a civilian Medical Technologist in Bethesda, Maryland. I was dissatisfied with where I was professionally. My father suggested that I speak to a Navy recruiter."

It's possible that Milavec joined the Navy because the Navy is in her DNA.

In addition to her grandfather, her father, Jerold J. Milavec, enlisted in the Navy in 1960 and was honorably discharged as an Aviation Boatswain's Mate Second Class 4-years later. He is a plank owner of the USS Constellation (CV64) and sailed on its maiden voyage from New York City around Cape Horn, South America to its homeport of North Island, San Diego, Calif. The USS Constellation was decommissioned in a ceremony in 2003, which Milavec and her father attended.

Milavec is a professional leader whose philosophy is the mission must be first and foremost. "I align the decisions I make with the mission." She also believes in value, respect and empowerment. "I value and respect the Sailors and civilians I work with as people and believe everyone has something to contribute." Support is also important to Milavec, "I

absolutely believe that a leader cannot expect a person, a department, or an entire command to accomplish its mission if there is no direction, tools, materials, or support." She also holds communication as an important part of leadership. "Communication flows both ways. "I believe honest, open, candid communication is the key to success."

Extracurricular activities for this busy Naval Officer, when not at work, include water skiing, snow skiing, cruising the highways on her Harley Davidson Soft Tail Standard, traveling anywhere in the world, painting, creating pottery, and according to Milavec, her most favorite activity of all, "playing with my two sons."

Twentynine Palms holds a soft spot in the heart of Milavec because it's where she met her husband Lt. Colonel Timothy Silkowski at the Navy Nurse Corps ball in May 2000. They were married at the Marine Corps Chapel in Quantico, Virginia in February 2002. Silkowski is currently the Officer in Charge of the Exercise Support Division at the Marine Corps Air Ground Combat Center. He has served 20-years in the Corps and has been deployed twice to Iraq and twice to Afghanistan

Milavec and her husband have two children, Andrew Preston, age 5 and Joshua Alexander, age 2. The boys' hobby is exhausting their Mom and Dad and playing with their German Shepherd dogs.